

Grilled Vegetable Salad

Ingredients:

Dressing

- 1/4 cup red wine vinegar
- 1 clove garlic, minced
- 1/2 teaspoon each oregano, cumin, chili powder, and dried mustard
- 1/2 cup olive oil
- dash cayenne (optional)

Salad

- 1 small eggplant
- 1 each red and yellow peppers
- 2 zucchini
- 1 red onion
- 3/4 cup crumbled feta cheese
- chopped fresh parsley (optional)



Directions:

1. Combine all dressing ingredients; set aside.
2. Cut eggplant into 1/2-inch-thick slices. Cut peppers into quarters and remove seeds and stems. Cut zucchini into 1/4-inch-thick slices lengthwise. Cut onion into 1/2-inch-thick wedges, stem intact. Brush all vegetables lightly with some dressing.
3. Place on grill and cook over medium high, turning occasionally, until tender and slightly charred, about 10-15 minutes. Remove vegetables from grill when cooked.
4. Cut peppers into strips. Arrange vegetables on platter and sprinkle with cheese. Drizzle with remaining dressing. Sprinkle with chopped parsley, if desired. Serve warm or at room temperature.

Serves: 4-6

www.rd.com/advice-and-know-how/grilled-vegetable-salad-recipe/article15059.html

WOW Note: Feta cheese contains 6 grams total fat per ounce, 4.2 grams of that is saturated. (Cheddar cheese contains 9.5 total grams of fat, 6 grams saturated.)

www.annecollins.com/dietary-fat/fat-cheese.htm